

How Am I Doing?

Grade Level	Fifth
Minimum Time Required	30-40 Minutes
Materials/Resources	Paper, Pencil
Subject Area(s)	Guidance

Project Description:

1. Have students write down all of the activities in which they participate during a typical day, and how much time they spend on the activity, such as:
 - a) Reading (schoolwork or for pleasure)
 - b) Watching television
 - c) Eating
 - d) Snacking
 - e) Playing games
 - f) Working at a hobby
2. Have students categorize each activity by whether it affects their physical emotional or intellectual self.
3. Divide students into groups and have them discuss their lists.

Questions for discussion:

- a) Do I spend a majority of my time on activities that promote well being?
- b) Do I see any benefits in developing a particular area (physical, emotional or intellectual)?
- c) How can I develop a particular area?

Career Development Standard	Awareness of the importance of growth and change.
Career Development Indicator	Demonstrate knowledge of good health habits.
Delivery Level	Review
Academic Standards	
Language Arts	2.1.a Apply fundamental conventions of language in written work. 2.2.a Use appropriate organization based on the established writing purpose and intended audience. 4.2.b Consider purpose of an oral presentation when deciding appropriate language. 4.2.c Use appropriate conventions of language in personal communication.
Employability/SCANS Skills	Personal Qualities Basic Skills Thinking Skills
Assessment/Rubric	Students will be evaluated on class participation.

Submitted by: NCDG Elementary Group